

Full Report (All Nutrients) 15097, Fish, sheepshead, raw

Report Date:October 09, 2015 05:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	.2835 Value Per 28.35	Data points	Std. Error	3.0 oz 85g	1 fillet 238g
g						
Proximates						
Water	g	22.10	5	0.731	66.27	185.57
Energy	kcal	31	--	--	92	257
Energy	kJ	128	--	--	384	1076
Protein	g	5.73	5	2.337	17.18	48.10
Total lipid (fat)	g	0.68	5	0.404	2.05	5.74
Ash	g	0.31	5	0.073	0.93	2.59
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	6	3	7.900	18	50
Iron, Fe	mg	0.13	3	0.090	0.39	1.09
Magnesium, Mg	mg	9	3	1.840	27	76
Phosphorus, P	mg	89	3	25.350	266	745
Potassium, K	mg	115	4	63.321	343	962
Sodium, Na	mg	20	4	11.174	60	169
Zinc, Zn	mg	0.11	62	0.013	0.33	0.93
Copper, Cu	mg	0.009	63	0.002	0.026	0.074
Manganese, Mn	mg	0.004	3	0.003	0.011	0.031
Selenium, Se	μg	10.3	--	--	31.0	86.9
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.003	--	--	0.008	0.024

Nutrient	Unit	.2835		Data points	Std. Error	3.0 oz 85g	1 fillet 238g
		Value Per 28.35	g				
Riboflavin	mg	0.011	--	--	--	0.034	0.095
Niacin	mg	0.425	--	--	--	1.275	3.570
Pantothenic acid	mg	0.213	--	--	--	0.638	1.785
Vitamin B-6	mg	0.085	--	--	--	0.255	0.714
Folate, total	µg	4	--	--	--	13	36
Folic acid	µg	0	--	--	--	0	0
Folate, food	µg	4	--	--	--	13	36
Folate, DFE	µg	4	--	--	--	13	36
Vitamin B-12	µg	0.57	--	--	--	1.70	4.76
Vitamin A, RAE	µg	9	--	--	--	26	71
Retinol	µg	9	--	--	--	26	71
Vitamin A, IU	IU	28	--	--	--	85	238
Lipids							
Fatty acids, total saturated	g	0.173	--	--	--	0.518	1.449
14:0	g	0.022	2	--	--	0.065	0.181
16:0	g	0.115	2	--	--	0.345	0.966
18:0	g	0.032	2	--	--	0.097	0.271
Fatty acids, total monounsaturated	g	0.206	--	--	--	0.619	1.733
16:1 undifferentiated	g	0.057	2	--	--	0.171	0.478
18:1 undifferentiated	g	0.130	2	--	--	0.389	1.090
20:1	g	0.020	1	--	--	0.059	0.164
Fatty acids, total polyunsaturated	g	0.147	--	--	--	0.440	1.233
18:2 undifferentiated	g	0.012	2	--	--	0.037	0.105
18:3 undifferentiated	g	0.002	1	--	--	0.005	0.014
18:4	g	0.008	1	--	--	0.023	0.064
20:4 undifferentiated	g	0.030	2	--	--	0.090	0.252
20:5 n-3 (EPA)	g	0.039	2	--	--	0.117	0.328
22:5 n-3 (DPA)	g	0.021	2	--	--	0.063	0.176
22:6 n-3 (DHA)	g	0.035	2	--	--	0.105	0.293
Cholesterol	mg	14	--	--	--	42	119
Amino Acids							
Tryptophan	g	0.064	--	--	--	0.192	0.538

Nutrient	Unit	.2835		Std. Error	3.0 oz 85g	1 fillet 238g
		Value Per 28.35	Data points			
Threonine	g	0.251	--	--	0.753	2.109
Isoleucine	g	0.264	--	--	0.791	2.216
Leucine	g	0.466	--	--	1.397	3.910
Lysine	g	0.526	--	--	1.578	4.417
Methionine	g	0.170	--	--	0.508	1.423
Cystine	g	0.062	--	--	0.184	0.516
Phenylalanine	g	0.224	--	--	0.671	1.878
Tyrosine	g	0.193	--	--	0.580	1.623
Valine	g	0.295	--	--	0.885	2.478
Arginine	g	0.343	--	--	1.028	2.880
Histidine	g	0.169	--	--	0.506	1.416
Alanine	g	0.346	--	--	1.039	2.908
Aspartic acid	g	0.587	--	--	1.759	4.927
Glutamic acid	g	0.855	--	--	2.564	7.180
Glycine	g	0.275	--	--	0.824	2.309
Proline	g	0.203	--	--	0.608	1.702
Serine	g	0.234	--	--	0.701	1.964